



Friendship Heights

VILLAGE NEWS

SEPTEMBER 2004

301-656-2797

VOLUME 19, NO. 4

Village Dog Show
see back cover



MONTICELLO/THOMAS JEFFERSON FOUNDATION, INC.

A trip to Mr. Jefferson's home

Monticello, home of Thomas Jefferson, is one of the most celebrated houses in the country. Join us **Thursday, Oct. 21**, for a trip to Charlottesville, Va., to tour this magnificent building and its gardens and to enjoy the fall foliage and lunch in a Virginia winery along the way.

Jefferson spent 40 years designing and planning Monticello. His interest in science and gadgets can be seen everywhere: in the dumbwaiter that carried wine up from the cellar, the revolving door that allowed servants to

continued on page 3

Sen. McCain to speak at Center

Arizona senator and 2000 GOP presidential candidate John McCain will discuss his book, *Why Courage Matters: The Way to a Braver Life*, at the Village Center on **Monday, Sept. 20, at 7:30 p.m.**

As a naval officer, P.O.W., and one of America's political leaders, John McCain has seen countless acts of bravery and self-sacrifice. In this meditation on courage, he shares his stories of ordinary individuals who have risked everything to defend the people and principles they hold dear.

Please sign up in advance, as seating will be limited. Call the Village Center at 301-656-2797 to register. Copies of the book, provided by Politics and Prose Bookstore, will be available for sale.

Chestertown by Candlelight

Visit some of Eastern Shore's most beautiful historic homes when we take the Chestertown Candlelight Walking Tour on **Saturday, Sept. 18.**

Among the 16 structures on the tour are White Swan Tavern, Widehall, Bethel A.M.E. Church and a dozen other private homes and offices. Some buildings date back to the 18th century. A tram will drop visitors off at each site.

Prior to our tour, we'll dine at the Black-Eyed Susan Restaurant in downtown Chestertown. Our

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Gargoyles... see page 7

CHILDREN'S PROGRAMS

Sock puppets and songs in September

Children ages 2 1/2 to six are invited to the Village Center on **Saturday, Sept. 18, from 10:30 to 11:30 a.m.** for sock puppets, stories and songs. Local actress and singer Barbara Papendorp will lead the event, which is free. Attendance is limited to 12 and children must be accompanied by an adult or guardian. Sign ups begin immediately at the Village Center. The deadline to sign up is Wednesday, Sept. 15.

Pumpkins and pony rides in October

Spend an autumn morning in the country as we visit Clark's Elioak Farm in beautiful Howard County on **Wednesday, Oct. 6.** Children ages 2 1/2 to six are invited on a fall field trip where children can visit the friendly animals, take a pony ride and pick a pumpkin. There's also a hay bale maze, a mini farm play area, handwashing stations and restroom facilities. Bring your own picnic to enjoy on the farm. We'll depart from the Village Center at 9:30 a.m. and should return by 2:30 p.m. The cost is \$14 per person and includes transportation, admission to the farm, hay ride, tour, and a pony ride. Each child will also receive a pumpkin. There are 21 spaces available. Children must be accompanied by an adult or guardian. Sign ups begin immediately at the Village Center. The deadline to sign up is Friday, Oct. 1.

Mammovan arrives on Sept. 20

The GW University Mammovan will conduct breast health screenings in its mobile unit in Friendship Heights on **Monday, Sept. 20, from 9:30 a.m. to 3:30 p.m.** The Mammovan is a self-contained mobile unit offering one-stop screening in a comfortable environment. The mammogram takes about 20 minutes with results available in a few weeks.

The American Cancer Society suggests women get a baseline mammogram between the ages of 35 and 40 and a yearly mammogram after age 40. Women age 35 and over, who have not had a mammogram in the past 12 months, are not experiencing breast pain or a lump, do not have breast implants and have not been previously treated for breast cancer are eligible. Free mammograms are available to women who meet the financial eligibility criteria. To schedule an appointment or for insurance information, call 202-741-3020.



Friendship Heights VILLAGE NEWS

www.erols.com/friendshiphtsvillage

The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights, 4433 South Park Avenue, Chevy Chase, MD 20815, 301-656-2797. The newsletter is produced through the cooperative efforts of volunteers, Council members, and Village staff.

ADVERTISING

The deadline for reserving space for the October issue is September 5. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

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ON the GO...

Monticello, continued from page 1

spread out food without entering the room, and in the seven-day clock that recorded the day as well as the hour. The skylights that fill the house with light, the automatic glass doors, the revolving-top table, and the experimental vegetables in the garden are all evidence of Jefferson's genius.

The gardens at Monticello were a botanic showpiece, a source of food, and an experimental laboratory of ornamental and useful plants from around the world. Jefferson grew 170 fruit varieties in Monticello's two orchards and cultivated more than 330 vegetable varieties. (Because of the

continued on page 7

Chestertown,

continued from page 1

menu for dinner will include a baby spinach salad, choice of rib-eye steak, fresh catch or grilled chicken, and chef's selection for dessert. Iced tea, coffee or tea is also included.

We'll depart from the Village Center at 3 p.m. and return by 11.

The cost of the trip, which includes transportation, dinner, tour and all taxes and gratuities is \$69. Sign ups for residents begin immediately at the Village Center. Nonresidents may sign up beginning Sept. 7. The deadline to sign up is Sept. 14. There are 34 spaces available.

Landon Symphonette at lunchtime

Members of the Landon Symphonette Chamber Ensemble will present a concert **Saturday, Oct. 2, at noon** at the Village Center. The symphonette is a group of talented musicians from Landon and other area schools playing with professionals in a mentoring relationship.

Enjoy Tomaso Albinoni's "Adagio." Virginia Lum will perform Piano Concerto in D-Minor, BWV 1052 by J.S. Bach. She will also be joined by Nayiri Poochikian for Concert for Violin and Piano by J.B. Vanhal. Admission is free. Please call 301-656-2797 if you plan to attend.

FREE BUS. *No fuss!*

Need a place to eat? While Clyde's of Chevy Chase is closed, take our free shuttle bus to our beautiful Adirondack-style Tower Oaks Lodge, leaving Friendship Heights Village Center every Monday for dinner at 5:00 and every Wednesday for lunch at 11:00, and returning when you're done. Just call us at (301) 294-0200 to let us know you're coming and we'll have a seat ready.

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There will be no bus for dinner on Labor Day, September 6. Please note that the bus leaves on time. You must call ahead to reserve space on the bus.


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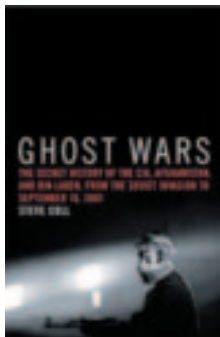
SEPTEMBER SCHEDULE

| 5:00 Dinner on Mondays | 11:00 Lunch on Wednesdays |
|---------------------------|------------------------------|
| September 13 | September 1 |
| September 20 | September 8 |
| September 27 | September 15 |
| | September 22 |
| | September 29 |

The CIA in Afghanistan: how much did they know?

Steve Coll, Pulitzer Prize-winning journalist and Managing Editor of *The Washington Post*, will discuss his book, *Ghost Wars: The Secret History of the CIA, Afghanistan, and bin Laden*, at the Village Center on **Thursday, Oct. 7 at 7:30 p.m.**

In his book Mr. Coll provides the first comprehensive account of the CIA's role in Afghanistan from its covert program against the Soviets from 1979-1983, to the rise of the Taliban and the emergence of bin Laden. Coll reveals how much American intelligence knew about the threat of Islamist radicalism before September 11, as well as who tried to stop bin Laden and why they failed. Mr. Coll won the 1990 Pulitzer Prize for explanatory journalism for a series about the Securities and Exchange Commission. *Please sign up in advance, as seating will be limited. Call the Village Center at 301-656-2797 to register. Copies of the book, provided by Politics and Prose Bookstore, will be available for sale (this event was originally scheduled for May 24).*



Author to speak on President's 'Vulcans'

James Mann, senior writer-in-residence in the Center for Strategic and International Studies International Security Program, will discuss his book, *The Rise of the Vulcans: The History of Bush's War Cabinet*, at the Village Center on **Thursday, Sept. 23, at 7:30 p.m.**

When George W. Bush was running for office, he put together a group of foreign policy aides who dubbed themselves "the Vulcans," after the Roman god of fire. In his book, Mr. Mann details the relationships among the advisors, Dick Cheney, Donald Rumsfeld, Colin Powell, Condoleezza Rice, Paul Wolfowitz, and Richard Armitage. In an article adapted from the book and entitled "The Armageddon Plan" in the March issue of *The Atlantic*, Mr. Mann describes in detail a covert program during the Reagan era where Rumsfeld and Cheney were taken to remote locations in the U.S. along with a team of officials and a convoy of trucks to carry out planning exercises. The author believes the behavior of the Bush administration following Sept. 11, 2001 had its roots in these secret exercises.

Please sign up in advance, as seating will be limited. Call the Village Center at 301-656-2797 to register. Copies of the book, provided by Politics and Prose Bookstore, will be available for sale.

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Thursday, Sept. 2, 7:15 p.m. — *Touching the Void*. Based on the book by Joe Simpson, this tells the story of two mountaineers, Joe Simpson and Simon Yates, climbing the west face of the Siula Grande in the Peruvian Andes. Climbing “Alpine-style”—without setting up ropes or base camps ahead of time, the two endure a snowstorm and dangerous powder formations on their way to the summit, about 21,000 feet. On their climb down, Simpson falls and breaks his leg and their painful journey to try to reach the bottom begins. Rated PG. Running Time: 106 minutes.



Thursday, Sept. 9, 7:15 p.m. — *House of Sand and Fog*. Ben Kingsley plays Massoud Amir Behrani, an Iranian immigrant living in the United States. Even though he was a high-ranking official in Iran, he works several menial jobs in order to provide his wife and son with an apartment in California. He buys a California bungalow, thinking he can fix it up, sell it again, and make enough money to send his son to college. However, the house is the legal property of former drug addict Kathy. After losing the house in an unfair legal dispute with the county, she is left with nowhere to go. Wanting her house back, she hires a lawyer. Neither

Kathy nor Behrani has broken the law, so they find themselves involved in a difficult moral dilemma. Also stars Jennifer Connelly and Ron Eldard. Rated R. Running Time: 126 minutes.

Thursday, Sept. 16, 7:30 p.m., — Café Muse, see page 19 for details.

Thursday, Sept. 23, 7:30 p.m. — *Booksigning with James Mann, see page 4 for details.*



Thursday, Sept. 30, 7:15 p.m. — *Big Fish*. Tim Burton directs this fantasy drama starring Albert Finney and Ewan McGregor. Billy Crudup plays William Bloom, a young man who never really knew his dying father, Edward, outside the tall tales he told about growing up and meeting his mother. During Edward's last days, William and his wife Josephine hold bedside vigil as the old man recollects elaborate memories of his youth. Still doubting the legends and folklore, William makes a journey to meet a mysterious woman from whom Edward had bought property. Rated PG-13. Running Time: 125 minutes.

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Gargoyles and more

Dr. Wendy True Gasch has spent a lifetime watching and studying the stone carvers at Washington National Cathedral. She is an expert on the gargoyles and grotesques that loom from the Cathedral and will give a slide-illustrated talk about the petrified creatures on **Monday, October 4, at 7:30 p.m.** at the Village Center.



At the National Cathedral, the gargoyles and other grotesques (there is a distinction) range from a temperamental terrier grasping a piece of trousers in its mouth to a pair of flies perilously close to a can of insect repellent, to Darth Vader — and all are delightful. Dr. Gasch will share with us their stories, ancestry, purposes, creators, and creation.

Dr. Gasch is the author of *Guide to Gargoyles and Other Grotesques*, the first complete and definitive guidebook to the 112 gargoyles in the Washington National Cathedral. The Cathedral is the sixth largest in the world and is believed to have more of these stone creatures than any other building in the country.

The program is free, but please register if you plan to attend. Call the Village Center at 301-656-2797.

Monticello, continued from page 1

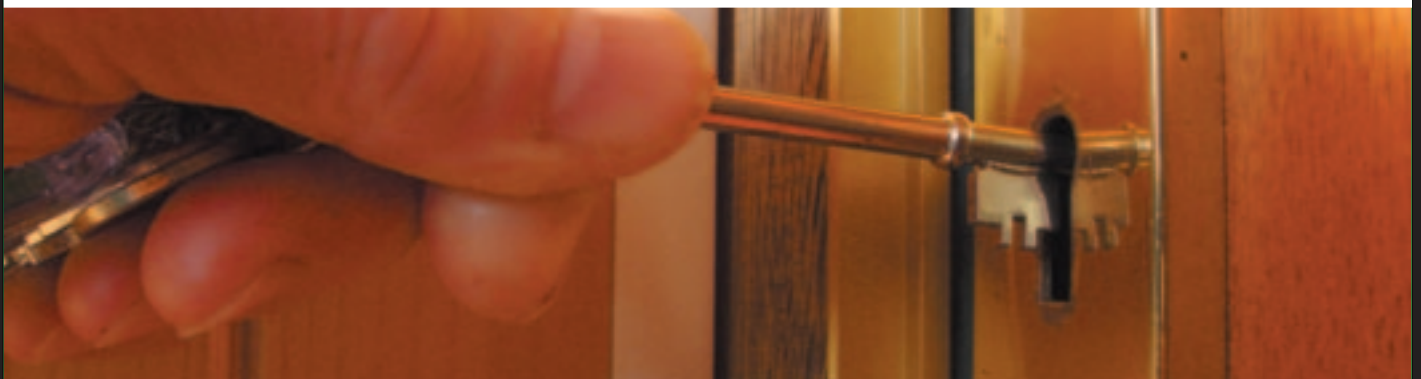
beautiful fall leaves in the Blue Ridge Mountains this time of year, expect Monticello to be crowded. Even with a reserved guided tour, it is very possible there will be a wait. Please bring your most comfortable shoes along with your patience!)

On our way, we will stop for lunch at Prince Michel Vineyards in rural Leon, Va. Founded in 1983, Prince Michel is one of the largest wineries in Virginia. The Prince Michel Restaurant offers “fine wine country dining” with a glorious view of the vineyards. Our menu for lunch is roasted chicken breast, lemon rice pilaf, local vegetables, Prince Michel salad, and chocolate mousse. Coffee is included; other beverages are on your own. Please indicate when you register if you would prefer a vegetarian meal. Following lunch, you are welcome to take a self-guided tour of the winery and visit the tasting room. You may even want to buy a bottle of wine to take home with you!

We will depart from the Friendship Heights Village Center at 10 a.m. and return around 7 p.m. The cost for the trip is \$85, which includes lunch, tour of Monticello and gardens, transportation, and all taxes and gratuities (the gorgeous foliage is free!). Residents and one guest may sign up immediately; nonresidents may sign up Sept. 10. There are 25 spaces available.

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Photos by Joel Williams



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FRIENDSHIP GALLERY

Paintings by Linda Kervan and Carol Vorosmarti on exhibit this month

"Past and Present" is the name of September's art exhibit in Friendship Gallery. Linda Kervan and Carol Vorosmarti met in art class more than 25 years ago. They have shared classes and studio space ever since. They also share a love of family, gardening and travel and these are common themes in their work.

The show runs from Sept. 2 until Sept. 30. All are invited to meet the artists at a reception on **Sunday, Sept. 12, from 11:30 a.m. to 1:30 p.m.** Exhibit hours are Monday through Thursday, 9 a.m. to 9 p.m., Friday, 9 a.m. to 5 p.m. and Saturday and Sunday, 9 a.m. to 2 p.m. Art work in the auditorium is occasionally not available for viewing because of certain activities in that room. Please check with the front desk receptionist when you arrive.



"Sycamores and High Water" by Linda Kervan and "Crescendo" by Carol Vorosmarti



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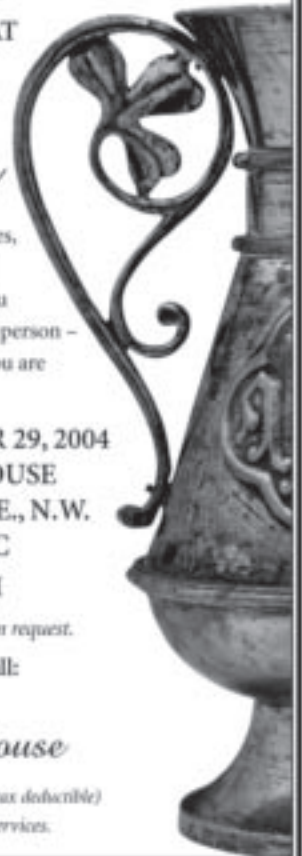
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Friendship Heights
Village Center



Calendar
of Events 2004

| S E P T E M B E R | | | | | | | |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | |
| <p>Village Council meetings are held the second Monday of each month at 8 p.m. at the Village Center. The next meeting will be Monday, Sept. 13. The agenda for the meeting is sent to the manager of each building in the Village the week before the meeting with the request that it be posted.</p> | | | <div>1</div> <p>10:15 a.m.: Yiddish 11 a.m.: Strength Training 7:30 p.m.: Concert: Greg Harrison Jazz Band</p> | <div>2</div> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 6:30 p.m.: Scrabble 7:15 p.m.: Movie: Touching the Void</p> | <div>3</div> <p>10:30 a.m.: Coffee and Current Events</p> | <div>4</div> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs</p> | |
| | <div>5</div> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p> | <div>6</div> <p>Labor Day Center Open 9 a.m. to 2 p.m. 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi</p> | <div>7</div> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 6 p.m.: Dance N’ Tone 7 p.m.: Mat Pilates</p> | <div>8</div> <p>9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training 1 p.m.: Suburban Lecture: Heart Disease Prevention 1 p.m.: Health Insurance Counseling 7:30 p.m.: Concert: Ericka Ovette</p> | <div>9</div> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Bones for Life 6 p.m.: Dance N’ Tone 6:30 p.m.: Scrabble 7 p.m.: Bones for Life 7:15 p.m.: Movie: House of Sand and Fog</p> | <div>10</div> <p>10:30 a.m.: Coffee and Current Events 12:15 p.m.: Sunrise Special Lunch 1 p.m.: Special Concert: Lynn McCune</p> | <div>11</div> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs</p> |
| | <div>12</div> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m. – 1:30 p.m.: Art Reception</p> | <div>13</div> <p>9:15 a.m.: Fit-4-Ever 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 1:30 p.m.: Active for Life 2:30 p.m.: Drawing and Painting 7:30 p.m.: Drop-in Yoga 8 p.m.: FRIENDSHIP HEIGHTS COUNCIL MEETING</p> | <div>14</div> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Depart for World War II Memorial 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 6 p.m.: Dance N’ Tone 7 p.m.: Mat Pilates</p> | <div>15</div> <p>9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training 1 p.m.: Portraiture in Pencil and Pastel 7:30 p.m.: Concert: Richard Miller</p> | <div>16</div> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Bones for Life 6 p.m.: Dance N’ Tone 6:30 p.m.: Scrabble 7 p.m.: Bones for Life 7:30 p.m.: Café Muse</p> | <div>17</div> <p>10:30 a.m.: Coffee and Current Events</p> | <div>18</div> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 10:30 a.m.: Songs and Stories for Preschoolers 3 p.m.: Depart for Chestertown</p> |
| | <div>19</div> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 9 a.m.: Yoga</p> | <div>20</div> <p>9:15 a.m.: Fit-4-Ever 9:30 a.m.-3:30 p.m. Mammovan 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 1:30 p.m.: Active for Life 2:30 p.m.: Drawing and Painting 7:30 p.m.: Yoga 7:30 p.m.: Book Signing with Sen. John McCain</p> | <div>21</div> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 6 p.m.: Dance N’ Tone 7 p.m.: Mat Pilates</p> | <div>22</div> <p>9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: American Studies: Colonial Life 1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: Health Insurance Counseling 1:30 p.m.: Vision Transitions 7:30 p.m.: Concert: Mark Hanak</p> | <div>23</div> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Bones for Life 11 a.m.: Still Life Painting 6 p.m.: Dance N’ Tone 6:30 p.m.: Scrabble 7 p.m.: Bones for Life 7:30 p.m.: Book Signing with James Mann</p> | <div>24</div> <p>10:30 a.m.: Coffee and Current Events</p> | <div>25</div> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs</p> |
| | <div>26</div> <p>8:30 a.m.: Depart for Jekyll Island 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 9 a.m.: Yoga</p> | <div>27</div> | <div>28</div> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 6 p.m.: Dance N’ Tone 7 p.m.: Mat Pilates</p> | <div>29</div> <p>9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training 1 p.m.: Portraiture in Pencil and Pastel 7:30 p.m.: Concert: Machaya Klezmer</p> | <div>30</div> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Bones for Life 11 a.m.: Still Life Painting 6 p.m.: Dance N’ Tone 6:30 p.m.: Scrabble 7 p.m.: Bones for Life 7:15 p.m.: Movie: Big Fish</p> | | |

Shuttle bus hours



Monday through Friday
Saturday and Sunday

6:40 a.m. to 9:40 p.m.
8 a.m. to 7 p.m.

Village Center Hours

Monday through Thursday
Friday
Saturday and Sunday

9 a.m. to 9 p.m.
9 a.m. to 5 p.m.
9 a.m. to 2 p.m.

The Friendship Heights Village Center is open to everyone. People who live or work in the Village are especially welcome.

THIS MONTH’S SPECIAL LUNCH AND CONCERT

September’s special lunch, prepared by Ed Harris of Brighton Gardens, will be held on **Friday, Sept. 10, at 12:15 p.m.** The menu will be sweet and sour meatballs, egg noodles, vegetable medley, green salad, and homemade peach pie. The cost is \$6, which must be paid when you make your reservation. Please reserve your seat by Wednesday, Sept. 8.

After lunch, please stay to enjoy a special concert of Big Band music performed by Lynn McCune **at 1 p.m.** Lynn has sung with such noted orchestras as The Washington Swing Orchestra, the New Columbia Swing Orchestra, and Doc Scantlin and his Imperial Palms Orchestra. Come enjoy an hour of music from the 20’s, 30’s and 40’s with this charming entertainer.



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PARTICIPANTS MUST PAY FOR THE FULL SERIES. NO REFUNDS AFTER CLASS BEGINS.

NEW CLASSES

BEGINNING AND CONTINUING YOGA (Daytime)

This 8-week class in Hatha Yoga is taught by Robin Dinerman and begins Sept. 19. Meets Sundays from 9 to 10:20 a.m. (*Please note new time*) The session includes semi-strenuous postures, stretches, and coordinated breathing, as well as a quiet period for relaxation and meditation. Wear loose clothing, bring a blanket or large towel and mat (can be purchased at class). Don't eat for two hours before class. The cost is \$80 for residents and \$95 for non-residents. Session ends Nov. 21. There will be no class on Oct. 10 or Nov. 14. (Students who must miss a class may make it up in the Monday class with the instructor's permission).

BEGINNING AND CONTINUING YOGA (Evening)

This 8-week class in Hatha Yoga is taught by Robin Dinerman and begins Sept. 20. Meets Mondays from 7:30 to 8:50 p.m. The session includes semi-strenuous postures, stretches, and coordinated breathing, as well as a quiet period for relaxation and meditation. Wear loose clothing, bring a blanket or large towel and mat (can be purchased at class). Don't eat for two hours before class. The cost is \$80 for residents and \$95 for non-residents. Session ends Nov. 22. There will be no class on Oct. 11 or 25 (Students who must miss a class may make it up in the Sunday class).

BONES FOR LIFE (Daytime)

Promote healthy bones with a great new posture, sense of balance and stability, and ease of movement.

You'll perk up with relaxation and breathing techniques, based on Moshe Feldenkrais's teachings. The 6-week series meets Thursdays from 11 a.m. to 12:30 p.m., beginning with a **FREE CLASS** on Sept. 9. Cost for the next 5 classes is \$50. Last class is Oct. 21 (there will be no class on Sept. 16). The instructor, Hedy Ohringer, is certified in the Feldenkrais method and Bones for Life. All classes are designed for new students and alumni, too.

BONES FOR LIFE (Evening)

Promote healthy bones with a great new posture, sense of balance and stability, and ease of movement. You'll perk up with relaxation and breathing techniques, based on Moshe Feldenkrais's teachings. The 6-week series meets Thursdays from 7 to 8:30 p.m., beginning with a **FREE CLASS** on Sept. 9. Cost for the next 5 classes is \$50. Last class is Oct. 21 (there will be no class on Sept. 16). The instructor, Hedy Ohringer, is certified in the Feldenkrais method and Bones for Life. All classes are designed for new students and alumni, too.

DRAWING AND PAINTING

A 10-week course for all skill levels, taught by Doris Haskell, begins on Sept. 13. Meets Mondays from 2:30 to 4:30 p.m. Cost is \$50 for residents; \$70 for nonresidents. Session ends Nov. 22 (there will be no class on Oct. 11).

MAT PILATES

A six-week session begins September 7. Meets Tuesdays from 7 to 8 p.m. The cost is \$65 for residents and \$75 for nonresidents. Pilates is a total-body conditioning program,

which tones the body from 'the inside out' bringing about core-strength, muscle balance and proper spinal alignment. With a prime emphasis on proper breathing and form (quality versus quantity), the muscles are simultaneously stretched and strengthened, while maintaining a stable core from which all movement takes place. Pilates is revitalizing and renewing, not exhausting! This class is recommended for beginners and intermediate students. In this setting it is not recommended for pregnant women or, unless directed by a physician, for those with more serious spinal conditions. Instructor Ginger Russell has successfully completed a course in Matwork Exercises by the *PhysicalMind Institute* and over two hundred hours of instructing this method. Please bring a cushioned mat and bath towel. Last class will be October 19 (there is no class Oct. 12).

PORTRAITURE IN PENCIL AND PASTEL

This six-week class is taught by Marianne Winter and begins Sept. 15. Meets Wednesdays from 1 to 3 p.m. Students will concentrate on achieving likeness using photos or reproductions of artwork. Ms. Winter is an award-winning artist and photographer. Please bring a pad and pencil or pastel to the first class. The cost is \$60. (Maximum number of students is 10).

STILL LIFE PAINTING

A 12-week course with noted artist Joan Samworth emphasizing the elements of art: line, color, texture, shape and value. Class is designed to meet the needs of all levels of



experience. Advance at your own pace with individual critiques and instruction. Suggested media are pastels, watercolor, acrylics, color pencil. Supply list will be handed out first day of class. Begins Sept. 23. Meets Thursdays from 11 a.m. to 2:30 p.m. (Bring a bag lunch). The cost is \$165 for residents; \$170 for nonresidents.

STRENGTH TRAINING WITH NRH REGIONAL REHAB

A certified athletic trainer from NRH Regional Rehab in the Chevy Chase building leads a strength and conditioning class for seniors. A 10-week session begins Sept. 29. Meets Wednesdays at 11 a.m. Cost is \$50. Please register by phone at 301-986-4745. Session ends December 1.

TAI CHI (Thursday)

This 6-week session begins September 9. Meets Thursdays from 9:30 to 10:30 a.m. The cost is \$30. Session ends October 14.

TAI CHI (Tuesday)

This 6-week session begins September 7. Meets Tuesdays from 9:30 to 10:30 a.m. The cost is \$30. Session ends October 12.

ONGOING GROUPS, CLUBS AND OTHER ACTIVITIES

BLOOD PRESSURE SCREENING/SUBURBAN NURSE

A Suburban Hospital nurse is on hand to offer free blood pressure screenings Tuesdays from 1 to 2:45 p.m. only. The nurse is also available for consultations Tuesdays from 3 to 5 p.m.

COFFEE AND CURRENT EVENTS

This long-running discussion group meets informally every Friday from 10:30 to noon. Led by group members.

GREAT BOOKS DISCUSSION GROUP

Book lovers participate in lively presentations and discussions of works, usually taken from the Great Books series. Leadership is rotated among group members. Meets Mondays from 10 a.m. to noon. Contact Jean McNelis at 301-656-6695.

HEALTH INSURANCE COUNSELING

Free assistance offered by the Maryland Cooperative Extension's Senior Health Insurance Assistance Program. Meets on the second and fourth Wednesdays of each month. Call 301-590-2819 for an appointment; walk-ins are welcome.

RSVP KNITTERS

Meets the last Tuesday in alternate months to knit, crochet and sew items to donate to the needy. Donations of washable, acrylic yarn to the Village knitters are always welcome and appreciated. Call Donna Dahlgren at 240-777-2611 for more information.

SCRABBLE

This active group of Scrabble players meets at the Center every Thursday, beginning at 6:30 p.m.

TEA TIME

Village residents and their guests are invited to tea every Tuesday from 3 to 4 p.m. Hot beverages, cookies and fruit are served by Village volunteers. There is no cost.

VILLAGE PLAY TIME

Children of all ages are welcome to be together at the Village Center most Thursdays from 11 a.m. to 4 p.m. Games, toys and play equipment will be set out in the auditorium for their enjoyment. Children must be accompanied by a caregiver, friend or family member over age 13.

VISION TRANSITIONS

Low vision doesn't have to mean "no vision." These free monthly meetings offer education and support for people with vision problems. Sponsored by the Prevention of Blindness Society, Vision Transitions meets one Wednesday a month at the Village Center and features talks by guest speakers. To register, call 301-656-2797. For more information about Vision Transitions, call 202-234-1010 or visit www.youreyes.org.

WALKING CLUB

Leaves the Center every Tuesday, Thursday and Saturday at 8:15 a.m. for a walk through a nearby neighborhood.

YIDDISH

Meets Wednesdays at 10:15 a.m. to speak and read in Yiddish. Contact Maurice Singer at 202-362-0883 for details.

Drop-in yoga open to all

On **Monday, Sept. 13, at 7:30 p.m.**, instructor Robin Dinerman will conduct a drop-in yoga class. Everyone is invited to attend. Wear loose clothing, bring a blanket or large towel, and mat. Don't eat for two hours before class. Donations for the B-CC Rescue Squad will be accepted in lieu of payment. This is an excellent way to do something good for yourself and the community at the same time!

CONCERTS

Concerts are performed Wednesdays, from 7:30 to 8:30 p.m., in Huntley Hall. Before entering the auditorium, please turn off any cell phones or electronic devices. If you arrive after the concert has begun, please wait for a break in the performance before entering.

Wednesday, Sept. 1 — Greg Harrison Jazz Band.

This combo features Greg Harrison on clarinet, keyboard and percussion. He plays in the style of his mentor, New Orleans clarinetist, Pete Fountain. The band has played in a variety of settings and their style ranges from New Orleans jazz to the big bands. Their repertoire includes the well-known and best loved tunes from the golden era of popular music.

Wednesday, Sept. 8 — Ericka Ovette. Ericka Ovette brings the soulful sounds of jazz greats Bessie Smith, Billie Holiday, and Ella Fitzgerald to the Village Center. This internationally acclaimed vocalist sings standards and contemporary jazz, with a vocal style reminiscent of these jazz legends.

Wednesday, Sept. 15 — Richard Miller. Guitarist Richard Miller combines classical and Brazilian music

to produce the Brazilian equivalent of American Ragtime. He has toured internationally and is often featured at the Brazilian-American Cultural Institute.

Wednesday, Sept. 22 — Mark Hanak and Spice of Life. Pianist Mark Hanak teams with a duo of vocalists for an evening of Broadway tunes and popular standards.

Wednesday, Sept. 29 — Machaya Klezmer. One of the area's premier Klezmer and Yiddish music groups, Machaya Klezmer returns to the Village Center. Formed in 1988, the band has mastered the feeling and dynamism of authentic Klezmer music and has duplicated that marvelous and lively sound of the famous Klezmer bands of the 1930s. The band features Susan Jones, Barbara Hess, Jay McCrensky, Fred Jacobowitz, and Brian Choper.



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'Sailors' from Friendship Heights braved threatening clouds to enjoy an evening sail and dinner aboard the Schooner Woodwind. At center, Councilmember Robert Schwarzbart 'takes command.'



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Rosa Weinstein begins American studies series

Rosa Weinstein, creator and coordinator of the Himmelfarb Mobile University and popular Friendship Heights speaker, will lead a five-part series this fall entitled "American Culture over the Centuries."

The sessions will look at American culture through the ages and through the eyes of individuals. The schedule for the lectures is as follows:

- **Wednesday, Sept. 22, at 11 a.m.:** Colonial Life through the eyes of George Washington.
- **Tuesday, Oct. 5, at 1:45 p.m.:** Life on a whaling ship through the eyes of a sailor and his wife.
- **Tuesday, Oct. 26, at 1:45 p.m.:** From farm to factory and pioneer life, as seen through the eyes of a farm girl and Buffalo Bill Cody.
- **Tuesday, Nov. 16, at 1:45 p.m.:** The culture in quilts, as seen through the eyes of the women who created them.
- **Tuesday, Nov. 30, at 1:45 p.m.:** The Gilded Age, as seen through the eyes of Augustus Saint Gaudens, a great American sculptor.

Lectures are one hour and fifteen minutes. Sign up for any or all sessions. There is no fee, but registration is required. Please call the Center at 301-656-2797.



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TO YOUR HEALTH

Learn defensive driving tips

The AARP Driver Safety Program (formerly "55 Alive") is the nation's first and largest classroom driver refresher course specially designed for motorists age 50 and

older. The eight-hour course helps drivers refine existing skills and develop techniques. Upon successfully completing the course, graduates may be eligible to receive a state-mandated discount on their auto insurance premiums.

The course will be offered **Friday, Oct. 15** and **Friday, Oct. 22**, from 10 a.m. to 3 p.m. at the Village Center. The cost is \$10 and checks should be made out to AARP. Students must bring to class with them their driver's license and a ballpoint pen. Register at the Village Center.



Heart disease prevention

Heart disease is the number one cause of death in America. Learn how to prevent heart disease and stroke at this month's Suburban Health lecture on **Wednesday, Sept. 8, at 1 p.m.** Dr. Rebecca Gross will discuss the causes and incidence of the disease and answer questions about control and treatment.

There is no cost for the talk, but please call 301-656-2797 to let us know if you plan to attend.

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Cafe Muse presents...

This month's Café Muse, on **Thursday, Sept. 16, at 7:30 p.m.**, presents poets Peter Blair and Miles David Moore.

Peter Blair's collection of poems, *Last Heat*, won the 1999 Washington Prize, a national contest held by Word Works Books. His most recent book, *The Divine Salt*, is about being a psychiatric aide in an inner city hospital.

Miles David Moore is the author of *The Bears of Paris*, *Buddha Isn't Laughing*, and *Roller Coaster*. He co-edited *Winners: A Retrospective of the Washington Prize* with Karren L. Alenier and Hilary Tham.

Classical guitar selections performed by Michael Davis are presented each month at 7 p.m. Attending poets are invited to participate in an open reading that concludes the Café Muse program. A sign-up sheet will be available at 7 p.m.

Café Muse is presented by The Village of Friendship Heights and The Word Works, a nonprofit literary organization that has published contemporary works and sponsored public programs for over 25 years. The evening is free, but please call the Village Center at 301-656-2797 to let us know you are coming.



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Village 'going to the dogs'

Join us for a "dog day afternoon" as the Friendship Heights Village Council sponsors its first companion dog show on **Saturday, Oct. 16, from 2 to 3:30 p.m.** in Hubert Humphrey Park. Bring your pooch and enjoy the festivities as a variety of awards are given to "man's best friend." In addition to the judging, we'll have special activities for our four-legged friends.

Representatives from Roxie's Fund, a dog adoption program, will be on hand with a few adorable adoptables. (See photo of Pepper, adjacent to story)

Pre-registration for our dog show is required. Registration forms may be obtained at the Village Center. The fee will be \$5.

Watch the October Village News for more details.

Pepper is looking for a home

Pepper is a small terrier mix waiting for a nice family to love. He is great with children, cats and other dogs. He is current with all vaccines and is neutered. He rides well in the car, walks nicely on the leash and knows how to sit. He is one of the dogs available for adoption through Roxie's Fund.



Friendship Heights

VILLAGE NEWS

Friendship Heights Village Center
4433 South Park Avenue
Chevy Chase, Maryland 20815

Check out our website:

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September 2004 events calendar